

You're Invited!

Make a Smart Move towards better health!



Join us in taking a step to better health by attending a FREE, informational meeting about the CDC recognized life style change program, Smart Moves.

DATE: Second Thursday of every month

TIME: 5:30 - 7:00 PM

LOCATION: 606 N. Minnesota Ave., Hastings, NE 68901

REGISTER TODAY: 1-877- 238-7595

Everyone is welcome!

SOUTH
HEARTLAND
DISTRICT



**HEALTH
DEPARTMENT**

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